

HEALTH MAPS.

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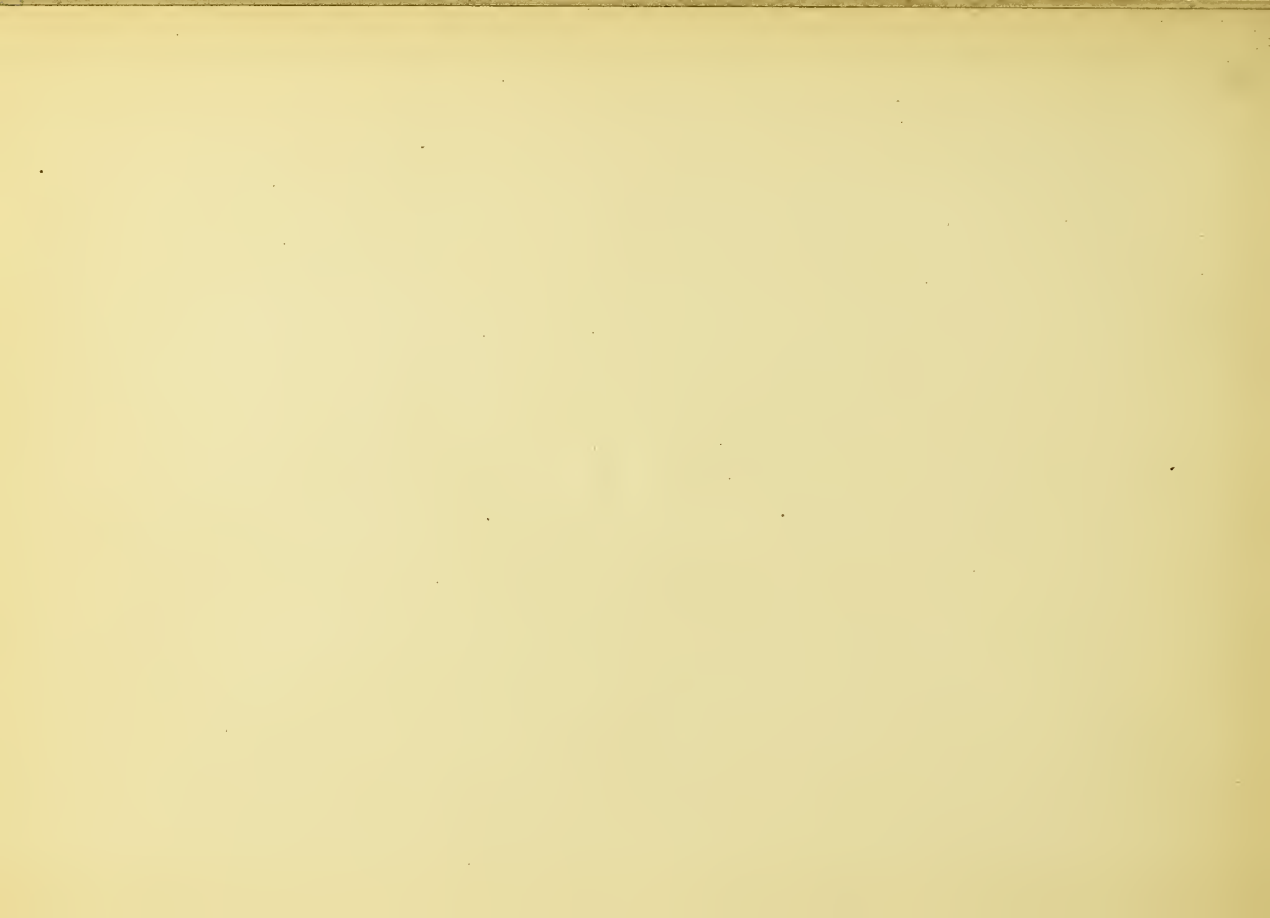
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HEALTH MAPS.



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HEALTH MAPS.

A COMPLETE SERIES OF

PRESCRIBED EXERCISES OF THE BODY

FOR

DAILY USE.

*FOR MAINTAINING THE HEALTH IN A STATE OF INTEGRITY,
FOR CORRECTING ANY TENDENCIES TO FUNCTIONAL IRREGULARITY, AND FOR
RESISTING THE ENCROACHMENTS OF DISEASE.*

By ANNA LEFFLER ARNIM,

Author of "A Complete Course of Wrist and Finger Gymnastics for Students of the Piano, Violin, etc."; "The Cure and Prevention of Spinal Curvature"; "Curative Movements" (a Short Outline of Ling's System of Applied Movement), etc. etc.

GROUP IV.

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INTRODUCTION.

THE following series of "Health Maps" is offered to those who are desirous and willing, by the use of some very simple measures, to keep well and in a fit state to perform their duties efficiently.

There is an intermediate state of health, which is far more common than is supposed, and which may best be designated by the term "negative health." It is a condition in which one can neither lay claim to being actually ill, nor assert with truth that one is "quite well." This intermediate state varies, sometimes ascending and often descending, but remains negative still.

We may know when this state of negative health creeps upon us as soon as we become aware *that we possess a body*. We shall forget all about it when we are well. The body must be our slave, and a ready one, to perform the dictates of our *will*; and we should take all reasonable means to prevent ourselves from becoming the slave of our body. Feed it judiciously and suitably,*

* Read Sir Henry Thompson's pamphlet on Diet.

supply it with air, water, and exercise, and the human machinery will work smoothly and give us no trouble.

It is to minimize the chances of breakdowns, to keep at bay this negative and perpetuate the positive state of health, that is the object of the Health Maps.

By the daily use, for some fifteen minutes, of certain of the Exercises here set forth, the circulation and the organic functions will be maintained in a state of integrity which will be largely instrumental in resisting the encroachments of disease. The regulation of the circulation is a matter of the first importance; and we do not fear contradiction when we assert that nine-tenths of the cases of chronic illness which exist, are due primarily to imperfect circulation, and would have been preventible by proper care in this respect at the very early stages of their development.

The aim of the Health Maps is not curative but preventive. Yet inasmuch as many persons who are not ill are conscious of some tendency to weakness or deficient action of some particular organ, due either to habits of occupation or hereditary predisposition, we have divided the series into five Groups, wherein these particular tendencies are especially dealt with.

Hence, in Group II. of the series attention is directed to the Liver and Spleen, in addition to General Exercises.

Group III. to weak Lungs.

Group IV. is recommended to persons of an imperfect, slow Digestion, and its attendant ills.

Group V. is arranged for the use of those suffering from excessive and chronic Coldness of the Extremities; whilst Group I. treats of General Exercises, without particularizing any organ or member, but devoting equal consideration to all parts of the body.

The Exercises have been well tested, and have been found of the utmost use. They should be calmly and steadily persevered in; not practised with a superabundance of energy on one day, and neglected the next. Regularity is conducive to permanently good results, and it is better to practise for only ten minutes regularly than for thirty capriciously.

The rules laid down at the beginning of each Group for the guidance of the pupil should be attentively observed, for all superfluity of language is avoided. We would also direct the reader's attention to the explanations which accompany

each sketch, especially with regard to the spot upon which the action of the movement should be felt. This will greatly assist him in determining whether he is performing the Exercise correctly or not.

The Exercises are carefully portrayed, and arranged to form a double folding screen, which may be opened and stood upon the table in full view of the pupil, enabling him to perform the Exercise with the sketch before him, and obviating the necessity of constantly desisting to refer to a book.

Each sketch is accompanied by a description of the Exercise, and an explanation as to the manner of carrying it out, and the spot upon which the action of the Exercise should be felt.

Persons engaged in bending or stooping much will find the spinal flexions, either in standing or sitting posture, useful (Group I., Fig. 9), also arm down-pulling (Group III., Fig. 7).

Those much engaged in standing or walking—such as dentists, shop-servers, shop-walkers, etc., etc.—should use especially the foot rotations (Fig. 2, Group V.), foot flexions (Group V., Fig. 2½), and knee rotations (Group V., Fig. 11). These will increase the circulation in the veins, the overfilling of which cause weight and inconvenience in the feet and legs.

For persons sitting closely at needlework, with head bent over their work and shoulders rounded, the chest-expanding Exercises (Group III., Fig. 7; Group III., Fig. 22) and the head bending (Group III., Fig. 9) will be found useful. Indeed, to some persons thus closely engaged at the needle for many hours consecutively, we have recommended occasionally standing up during the day, drawing the figure to its full height, and performing the arm down-pulling Exercise (Fig. 7, Group III.). It can then be done without moving from the spot, and merely requires the pupil to stand up for less than one minute. It has been found a great relief from the continued stooping, and prevents that bent, crumpled look of the figure which continued stooping soon produces.

Persons having a regard for the beauty of their figures should use the rotations of the body freely both night and morning (Fig. 5, Group II.), also the spine flexions (Fig. 9, Group I.). The first, besides maintaining the integrity of liver and spleen, assists in dispersing superfluous adipose tissue round the waist. The lateral flexions of the body, too (Fig. 10, Group II.), will strengthen the muscles about the waist, and assist in keeping the figure erect and pliant.

Persons much engaged in close, confined rooms should take every opportunity

of practising the deep breathings shown in Group III. This is done to best advantage in the open air, or in a room where the window is open.

Those who are unable to perform the Exercises owing to extreme weakness (after illness, during convalescence), should visit a Curative Gymnasium for a few weeks, in order that the movements may be *applied* to them; after which they may continue them for themselves. In instances of a similar kind, a set of exercises such as are now presented to the reader, have been taught to the pupil by the aid of which the health has been maintained in a most satisfactory condition.

One word more with respect to the assertion that fifteen minutes' practice is sufficient for daily use. Whilst the Exercises are being learnt (for the pupil will be clumsy at them at first), he should try and devote a little longer, say twenty or twenty-five minutes, to them: but when he is master of them and can do them efficiently, fifteen minutes will suffice. If he cannot go through a whole Group in that time, he may divide them into parts, which he can perform on alternate days.

GROUP IV.

EXERCISES FOR STRENGTHENING THE DIGESTIVE ORGANS.

THESE exercises are calculated to rectify a sluggish habit of the functions of the alimentary canal, by regulating the venous and arterial circulation, by effecting a more normal secretion of the intestinal juices, and by strengthening the muscular fibres of the abdomen and bowels.

In this manner deficient intestinal action is treated in a radical instead of a palliative manner.

The sitting and standing rotations of the body will be found useful in breaking through the habit of obstinate constipation, especially with persons of a tense

muscular build. Persons of a loose, full habit will be more particularly benefited by the lateral and anterior flexions of the body.

The flexions in sitting, kneeling, and standing postures are for strengthening the muscular walls of the abdomen and intestines, and for promoting arterial action.

The rotations are for the promotion of peristaltic action, for reducing congestion of the abdominal veins, and for regulating the secretions of the intestinal glands, etc., etc.

The movements advised for the lower extremities must be conscientiously practised, as indirectly they are a valuable means of securing the end in view. By their aid a good deal of the congested blood in the trunk is derived to the extremities, leaving the body in a far more *responsive* condition, and one more capable of benefiting by the local movements.

It will be observed that there is a certain similarity between the group of movements advised for the exercise of the liver and spleen and those constituting the present series. We would remind those instituting the comparison that a sluggishly acting liver and a constipated habit often accompany each other—the

one as cause, the other as effect, and *vice versâ*—and that, therefore, many of the movements useful in the one form of disorder may be used with impunity in the other.*

RULES.

1. A pause of at least a minute should be observed between the movements, except where special directions to the contrary are given.

2. The sipping of cold water during the movement, (when not out of breath) will greatly enhance their effect.

3. Observe well the directions given with regard to *position*.

4. The action of movement No. 9 must *not* be permitted to amount to a *trembling* of the abdominal muscles. If such should be the case, the movement must be modified for the time being by the assumption of a less inclined posture.

* Advanced forms of liver complaint should be treated at a Cure Gymnasium by applied movements.

5. Pupils who are at first rather unsteady in their movements, may balance themselves with one hand upon the back of a chair or edge of a mantelpiece, keeping the other on the hip. The movement is, however, more effective when this aid is not required.

6. No exercise to be performed with bated breath.



Fig. 1.

No. 1.

Fig. 1 is the position whence all standing movements are practised, excepting when directions to the contrary are given. It is called *ground position*.

GROUP 4.

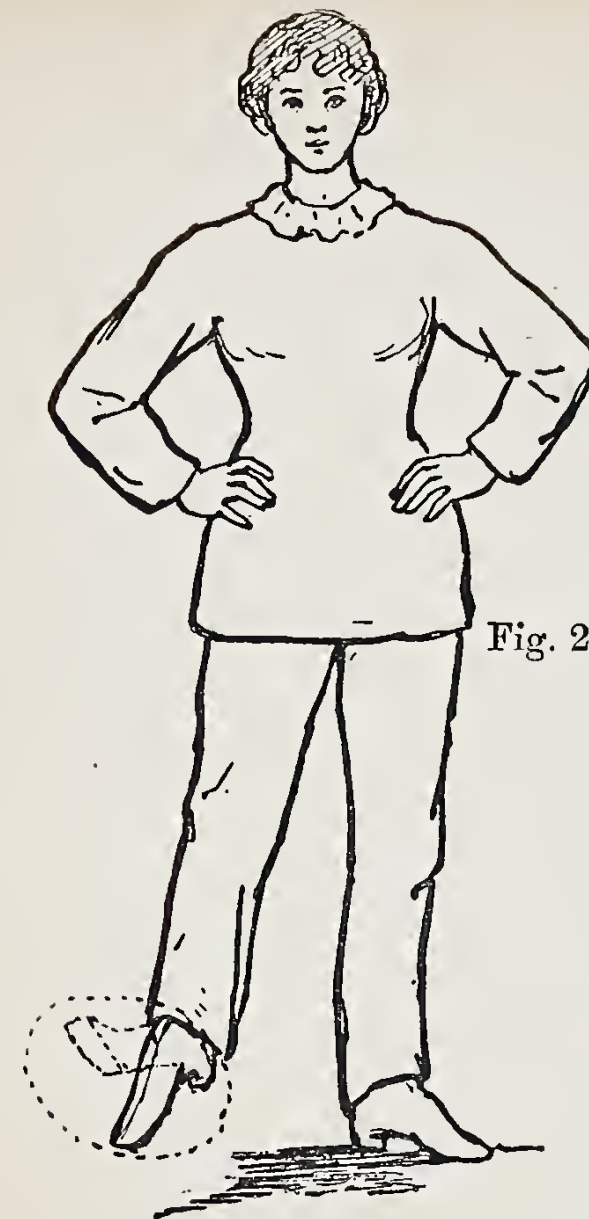


Fig. 2.

No. 2.

GROUND POSITION, HANDS ON HIPS.

RIGHT leg extended, and *well stretched* down to the ankle (as though desirous of making the leg an inch longer). Commence to *rotate* the ankle six times from left to right, six times *vice versâ*. Keep the leg immovable during the rotation. Reverse legs. Repeat with left leg.

Action to be felt on front of thigh and round ankle.

See Rule 6.

GROUP 4.

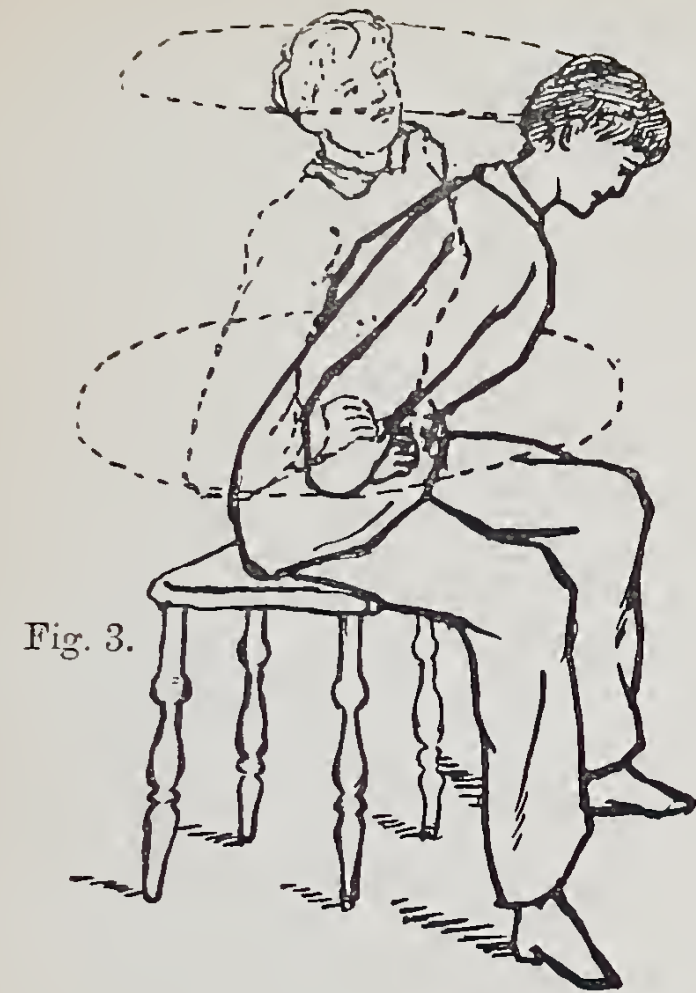


Fig. 3.

No. 3.

THE pupil is seated on a stool or bench of ordinary height, whence the legs are bent at the knees, and assume a position as in Fig. 3. Placing the hands upon the hips, and giving a slight pressure with the fingers in the soft parts of the hypochondria, a ROTATION of the BODY is performed—four times from left to right, four times *vice versâ*. The pupil must keep his seat firmly, the movement being confined to the waist.

To be felt in the abdominal muscles, the right and left hypochondria, and the lower dorsal and lumbar muscles.

GROUP 4.

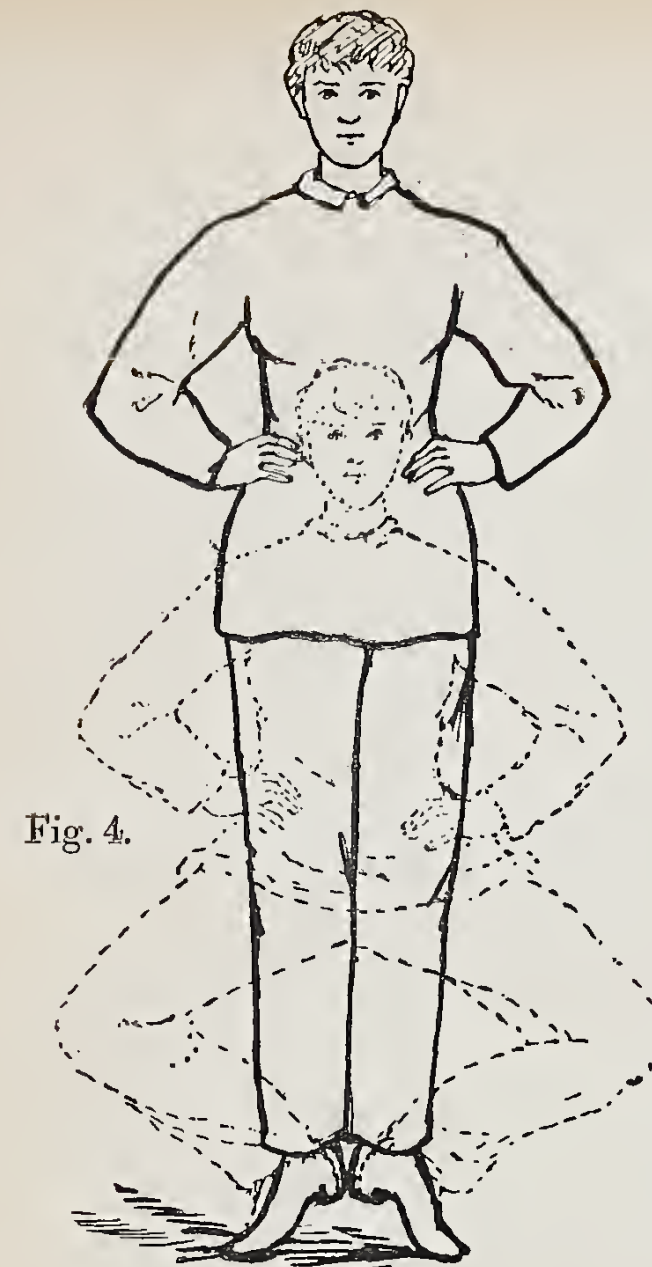


Fig. 4.

No. 4.

GROUND POSITION, HANDS ON HIPS.

THE pupil places himself on tip-toe, keeping the heels together. Thence he proceeds to bend the knees outwards as in Fig. 4. When he has descended *nearly* as low as the heels, he ascends again, straightening the legs well before commencing the next descent. To be repeated three times.

To be felt along the front of the thighs, just above the knees; also in the calf of leg.

See Rule 6.

GROUP 4.

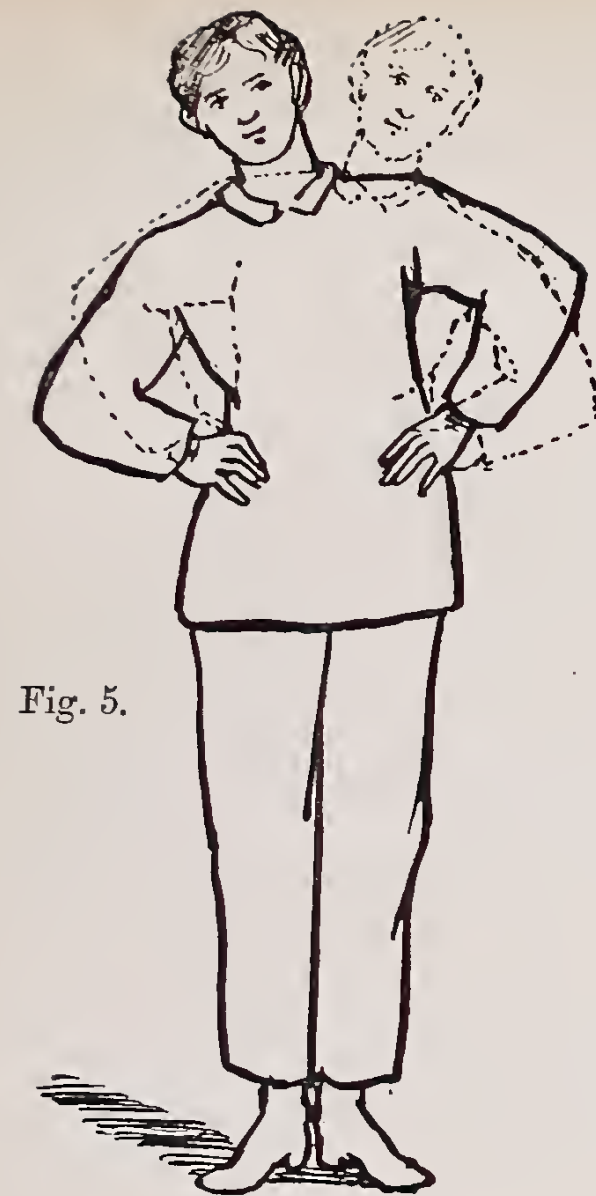


Fig. 5.

No. 5.

GROUND POSITION.

THE pupil stands firmly and immovably fixed up to the hip-bone. He then proceeds to bend from right to left (confining the movement to the hypochondria), and *vice versâ* as in Fig. 5, so that the muscles over the spleen and liver become alternately relaxed and stretched. No part of the body must be moved excepting the region immediately above the hip-bone. To be repeated four to six times.

N.B.—This exercise may also be practised in sitting (see Fig. 3) posture; its action is then more modified.

To be felt in the hypochondria.

GROUP 4.

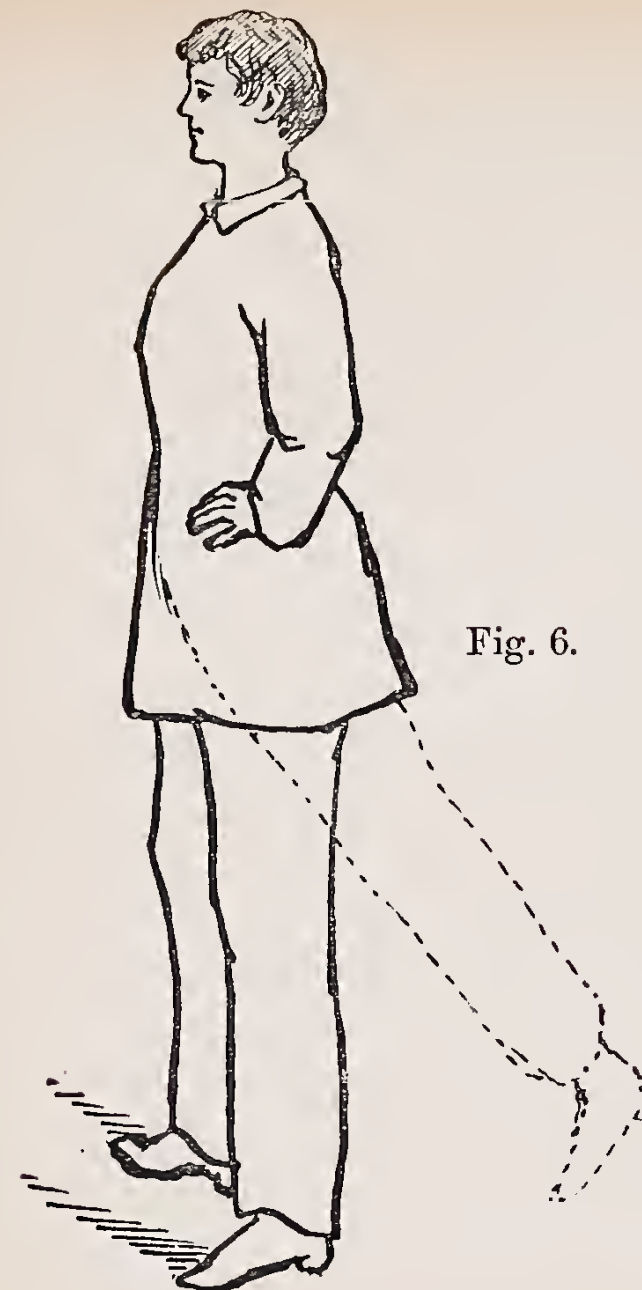


Fig. 6.

No. 6.

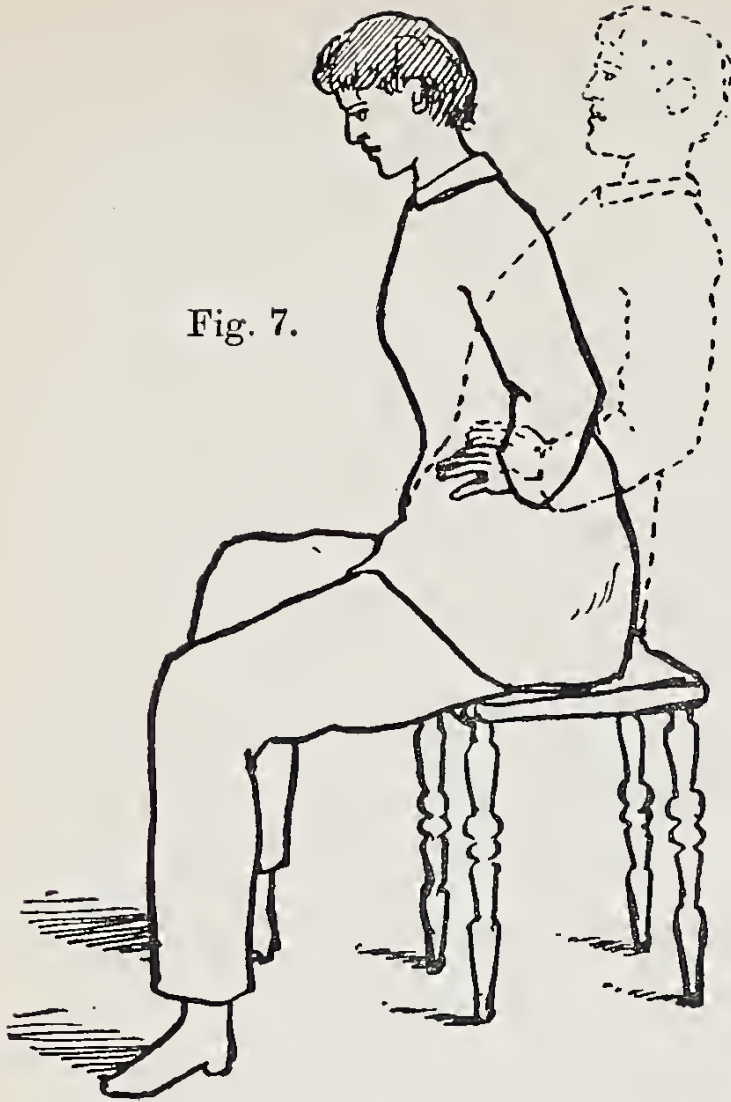
PUPIL stands with the feet slightly apart, hands on hips.

The pupil lifts one leg from the ground without bending the knee. He raises it backwards (dotted line, Fig. 6). The leg being well stretched during the movement, and the body being kept immovable, the action of the exercise will be to expand the abdominal muscles, and contract the lumbar muscles. In the latter a glow will be felt after the exercise has been well performed.

To be felt slightly in the abdomen, more in the lumbar muscles, and down the whole leg.

GROUP 4.

Fig. 7.



THE pupil is seated on a stool, with the feet and knees apart. Slanting his body back, in the direction shown by the dotted lines (without bending the spine), as far back as possible, *without raising the feet at all from the ground*, he proceeds to raise his body into a vertical position, *without moving the head or shoulders*. The action is just such a one as rising up into a sitting position from a chair with an inclined back would be, with the shoulders, head, and feet kept immovable.

To be felt in the muscles of the abdomen and on the front of thighs.

See Rule 4.

No. 8.

GROUND POSITION, HANDS ON HIPS.

THIS exercise is very similar to that shown in Fig. 3. Its action is stronger in the present case. Care must be taken to keep the legs and feet well stretched and firm, also that the hips are immovable. The rotation is confined to the waist, and every endeavour must be used to form a regular circle with the body. In bringing the body forwards, the abdominal muscles must be drawn in or contracted by a slight effort of will, and by raising the ribs.

To be felt all round the waist and in the abdominal and lumbar muscles.

GROUP 4.

No. 9.

PUPIL stands with feet slightly apart, and hands on hips.

This movement is similar to that described in Fig. 6, the leg being raised backwards in the same manner. Having attained the highest point (without moving the body), the leg is bent, and the heel brought as near as possible to the back. The knee must be well kept back all the time. The leg must be brought down to ground position each time, and the movement repeated from the beginning. To be performed three times with each leg.

To be felt slightly in abdomen, and much more at back of thigh and lumbar muscles.

GROUP 4.

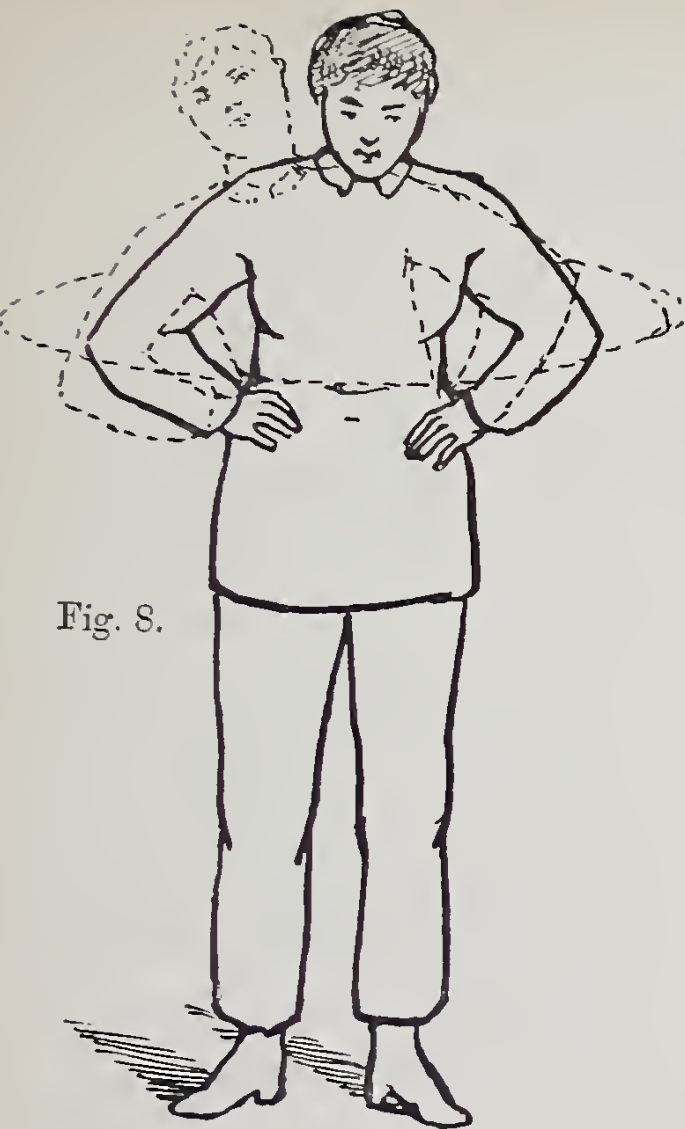


Fig. 8.

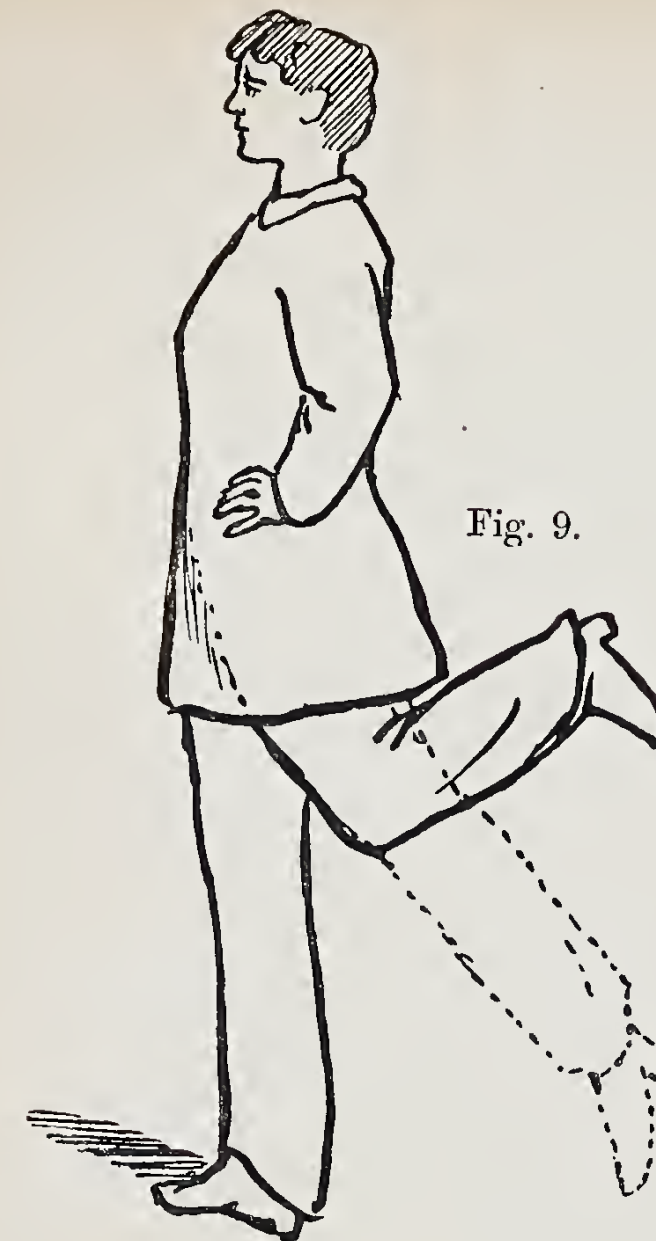


Fig. 9.



Fig. 10.

No. 10.

THE pupil has the hands on the hips, and the feet about five inches apart. The body is bent slightly backwards, so as to expand the abdominal muscles. The pupil brings the body slightly forwards (Fig. 10, dotted line), taking the strength for that purpose from the abdominal muscles. The feet must be kept firmly on the ground, and the legs well stretched. To be repeated three times.

To be felt in abdominal muscles.*

See Rule 4.

* This movement must not be practised until efficiency is gained in No. 9.

GROUP 4.

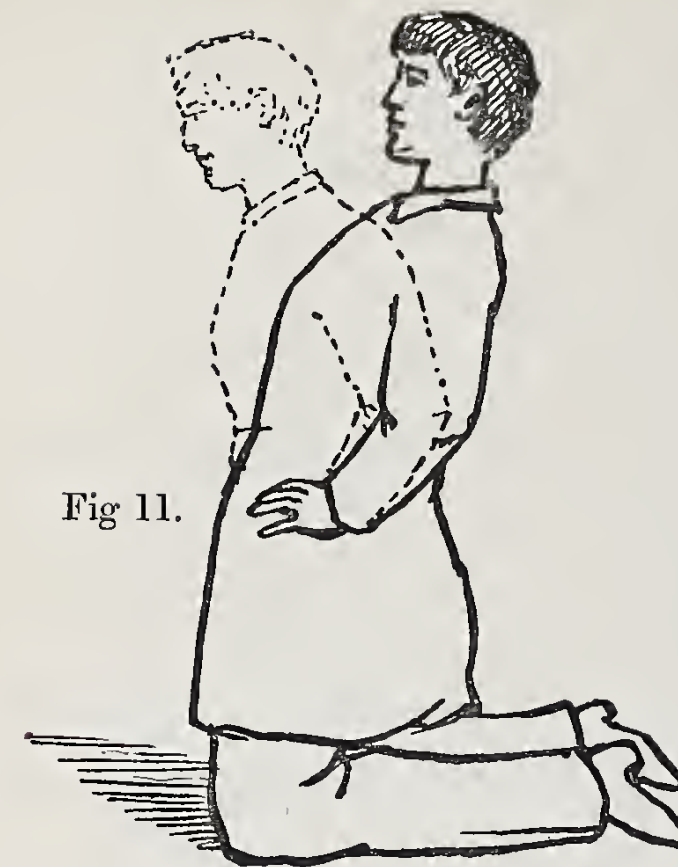


Fig 11.

No. 11.

THE pupil kneels on the ground, with the hands placed on the hips. Bending the body backwards so as to expand the abdominal muscles, he brings himself slightly forwards by the help of the abdominal muscles. Head, shoulders, and arms must remain immovable during the movement.

To be repeated three times.

To be felt in abdominal muscles.

Observe Rule 4.

GROUP 4.

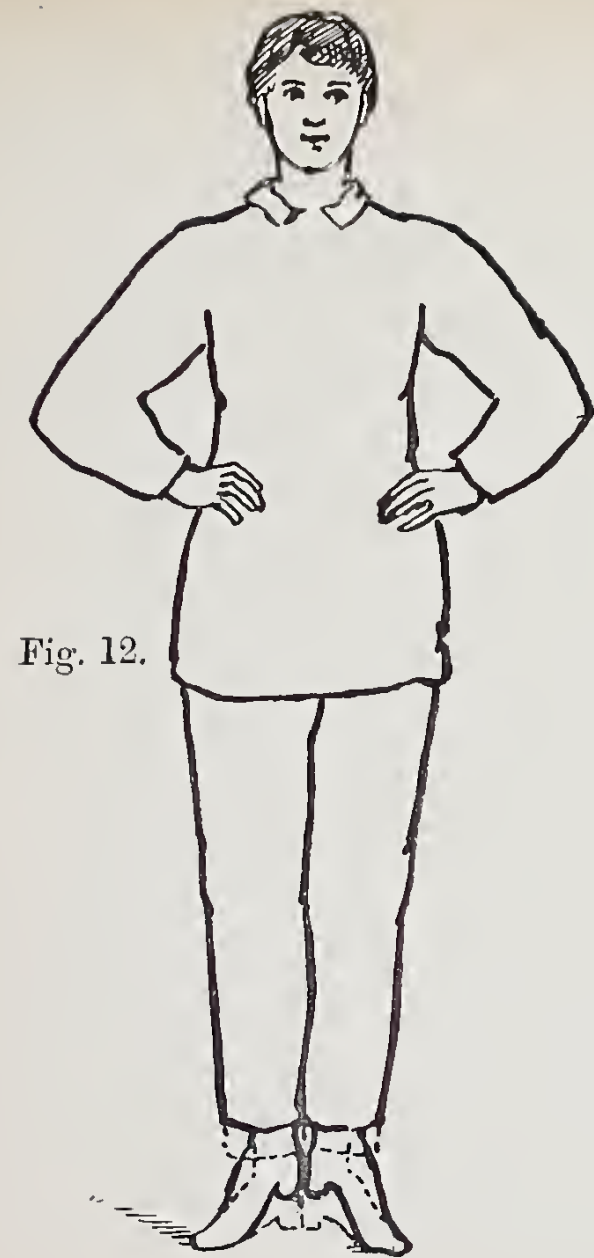


Fig. 12.

No. 12.

THE pupil stands in ground position, hands on hips. Keeping the heels together, he raises himself upon his toes, stretching the legs until the action is felt down their whole length. He then descends on the heels, and repeats the former movement. This is done rather rapidly six or eight times in succession.

To be felt all down the muscles of the legs.

